

## CLAIMS:

1. A method of treating a condition in a person  
comprising the steps of: submerging the person in a  
5 body of fluid up to about their neck and in a  
substantially vertical orientation; and agitating the  
fluid to effect a perturbation massage upon the  
person submerged in the fluid to mobilise toxins in  
the person's lymphatic system; and further comprising  
10 the step of elevating the body temperature of the  
person to thereby cause the person to perspire,  
wherein the body temperature is elevated subsequent  
to removal of the person from the fluid.
2. A method according to claim 1 wherein the fluid has a  
15 density greater than water.
3. A method according to claim 2 wherein the fluid  
includes a mixture of water and a salt.
4. A method according to claim 2 wherein the salt  
includes a salt of magnesium.
- 20 5. A method according to any one of claims 1 to 4  
wherein the step of agitating includes pumping the  
fluid.
6. A method according to any one of claims 1 to 5  
wherein the step of agitating includes the step of  
25 delivering the fluid into the tank through nozzles  
for delivering a jet of pressurised fluid.
7. A method according to claim 6 wherein the nozzles are  
arranged to rotate.
8. A method according to any one of claims 1 to 7  
30 wherein the person is maintained in the submerged  
position by a system of weights or tethers.
9. A method according to anyone of claims 1 or 8 wherein  
the body temperature is elevated by exposing the  
person to a dose of infra-red radiation that is

sufficient to cause the person to perspire.

10. A method according claim 9 wherein the person is exposed to infra-red radiation in an infra-red sauna.

11. A method according to any one of claims 1 to 10  
5 wherein the condition is associated with the accumulation of toxins in the lymphatic system of the person.

12. A method according to any one of claims 1 to 11  
10 wherein the condition is selected from the group consisting of lethargy, fatigue, malaise, weakness, arthralgia, myalgia, insomnia, sleep disturbance, sinus congestion, chest congestion, poor immunity, cognitive dysfunction, learning difficulties, mood disorders, lack of motivation, loss of libido, Skin  
15 rashes, acne, fluid retention, headaches, tachycardia, ectopics, gulf war syndrome, diabetes, cancer, heart failure, kidney failure, liver failure, chronic auto-immune conditions, lupus, rheumatoid arthritis, Crohn's disease, ulcerative colitis,  
20 emphysema, Hepatitis C, HIV, chronic substance abuse, dysbiosis, Leaky gut syndrome, chronic fatigue syndrome, fibromyalgia, recurrent infections, and detoxification of toxic drug metabolites from prescription medication or chemotherapy drugs.

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lymph into the bloodstream, removal of the remaining toxins is completed mainly by the liver and kidney and through the skin.

Under some circumstances, however, the lymph nodes  
5 may be overwhelmed with microorganisms and/or toxins, resulting in accumulation of toxins in the lymph nodes and lymphatic system. This reduces the effectiveness of the lymph nodes and can lead to further accumulation of toxins, resulting in low energy levels, fatigue, general  
10 malaise, muscle pain, poor mental state, poor skin tone, insomnia or restless sleep.

It has been tried to assist in the expulsion of these toxins from the body by performing a lymphatic drainage  
15 massage. In such a massage, a skilled masseur manipulates a person at regions of their body associated with the lymph system to mobilise the contents of the lymph system to encourage drainage into the blood system and subsequent processing by the liver. Such a massage can be time consuming and requires a skilled masseur.

20 Further, subjects have reported that following such a massage they often feel very unwell. This is thought to be due to the increased level of toxins in the blood due to the mobilisation of the lymph fluid caused by the massage.

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### **Summary of the Invention**

In a first aspect the present invention provides a therapeutic apparatus including: a tank arranged to hold a body of fluid being sufficiently deep to submerge an  
30 upright person at least up to their neck; means for agitating the fluid to effect a generalised perturbation massage upon a person submerged in the fluid to mobilise

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toxins in the person's lymph system; and further including means to maintain the person in the submerged position.

When submerged in the tank, the person is subjected to a generalised perturbation massage caused by the  
5 agitation of the fluid. This mobilises substances in the lymph system of the person. Further, there is a pressure gradient in the tank due to the weight of the fluid. The pressure is greatest at the bottom of the tank and decreases upwardly to atmospheric pressure at the surface  
10 of the fluid at a point near to the neck of the person. This pressure gradient naturally urges lymphatic fluid upwards in the body towards the neck. Fluid in the head area drains downwardly under the force of gravity. Lymph from the lower periphery and trunk drains into the  
15 lymphatic duct from which the lymph drains into the blood system at the base of the left subclavian vein at the junction of the left subclavian and internal jugular veins. The combined effect of the pressure gradient in the tank and the mobilisation of lymph fluid assists in  
20 lymphatic drainage. This lymphatic drainage is achieved without the need to employ a skilled masseur.

The body of fluid and the fluid may have a density greater than water. This provides a greater pressure gradient in the tank and increases the tendency for lymph  
25 fluid to drain upwardly.

The fluid may be a mixture of water and a salt. The salt may include a salt of magnesium such as magnesium sulphate.

The means for agitating may include a pump and an  
30 arrangement of nozzles for delivering jets of pressurised fluid. The nozzles may be arranged to rotate.

The apparatus includes means to maintain the person in the submerged position such as a system of weights or

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tethers. This is because the buoyancy of the person in a high density fluid needs to be counteracted to maintain them in a submerged position about up to their neck. This is particularly the case where a fluid that is more dense  
5 than water is utilised.

In a second aspect the present invention provides A method of effecting lymphatic drainage in a person including the steps of: submerging the person in a body of fluid with a density greater than water up to about their  
10 neck and in a substantially vertical orientation; and agitating the fluid to effect a generalised perturbation massage upon the person submerged in the fluid to mobilise toxins in the person's lymph system.

In a third aspect the present invention provides a  
15 therapeutic method including the steps of: submerging the person in a body of fluid up to about their neck and in a substantially vertical orientation; agitating the fluid to effect a perturbation massage upon the person submerged in the fluid; and elevating the body temperature of the  
20 person to thereby cause the person to perspire.

In a fourth aspect the present invention provides a method of treating a condition in a person comprising the steps of: submerging the person in a body of fluid up to about their neck and in a substantially vertical  
25 orientation; and agitating the fluid to effect a perturbation massage upon the person submerged in the fluid to mobilise toxins in the person's lymphatic system; and further comprising the step of elevating the body temperature of the person to thereby cause the person to  
30 perspire.

The mobilised toxins are carried by the draining lymph into the person's blood stream from where the toxins

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can be removed from the person's body through organs such as the liver, kidney and skin.

Mobilised toxins may be removed from the person's bloodstream via the skin through perspiration. Thus, the  
5 method may further comprise the step of elevating the body temperature of the person to thereby cause the person to perspire. The body temperature may be elevated while the